

they had to say, I'm sorry, you've got to go to bed hungry.

Unfortunately, my colleagues have it far too easy. They'll never know what it's like to be hungry. Their kids will never go to bed hungry. They can bring this heartless legislation to a vote without ever having to explain themselves to the families that they're hurting.

Please don't let them get away with it.

#### CELEBRATING ABF FREIGHT SYSTEM'S 90TH BIRTHDAY

(Mr. WOMACK asked and was given permission to address the House for 1 minute.)

Mr. WOMACK. Mr. Speaker, I rise today in celebration of ABF Freight System's 90th birthday.

Since its humble beginnings in 1923 as a local freight hauler, ABF has grown to employ 10,000 people in North America, with 1,000 in Arkansas alone, delivering freight worldwide. Today, it continues to deliver value to its customers by developing and implementing customized solutions to global logistical challenges.

It's fitting, Mr. Speaker, that this milestone coincides with National Truck Driver Appreciation Week. Last year, ABF, together with J.B. Hunt, the other great trucking company that calls Arkansas home, and the more than 3 million truck drivers in the United States were responsible for hauling 68.5 percent of all U.S. freight tonnage.

Without ABF and truck drivers throughout the Nation, 80 percent of our communities that rely solely on trucking would not be able to access the goods on which they depend.

Thank you to all of our truck drivers, and happy 90th birthday to ABF.

#### GUN VIOLENCE FOLLOWING THE WASHINGTON NAVY YARD SHOOTING

(Mr. MORAN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. MORAN. Mr. Speaker, on Monday, just about a mile from here, once again, our Nation experienced a horrific incidence of mass gun violence. Our sympathies obviously go out to the friends and the families who lost loved ones in the shooting at the Washington Navy Yard.

But as this chart shows, this mass shooting is only the latest in a long line that includes Columbine and Virginia Tech and Tucson and Aurora and Newtown. But even these horrendous mass killings don't fully reflect our Nation's problem with gun violence.

Each year, 100,000 people in America are shot by a gun, 30,000 die from a gun-related injury, 10,000 are murdered by a firearm. By 2015, gun-related deaths will surpass auto-related deaths for the first time.

And while it's too early to know what might have prevented this week's mass shooting, we do know what will ensure that it will happen again—doing nothing, business as usual.

The chief medical officer at MedStar Hospital expressed the sentiments of many when she pleaded:

There's something evil in our society that we, as Americans, all have to work to try and eradicate.

If we don't do all we can to reduce gun violence through stronger laws and improved services, all we'll have to offer our constituents are only more condolences.

#### OBAMACARE

(Mr. DUNCAN of Tennessee asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. DUNCAN of Tennessee. Mr. Speaker, before the Federal Government got into health care, medical care was cheap and almost everyone could afford it. Doctors even routinely made house calls.

When Medicare was passed, it was predicted that after 25 years it would cost only \$12 billion. Instead, it cost 10 times that much. This year, it will cost over \$600 billion.

All Federal medical programs have cost many times more than was estimated on the front end. Already, we read ObamaCare is going to cost at least two or three times more than it was estimated when it was passed.

Federal medical programs make and have made a few people and companies very wealthy; however, they have made it so only multimillionaires can pay what is being charged for medical care.

Howard Dean, a former Democratic National Chairman, says that ObamaCare will cause health care to be rationed.

The Unaffordable Care Act is taking us toward lower quality, shortages, waiting periods, all at greater expense for medical care. It needs to be stopped before it makes our health care problems even worse than they now are.

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#### HOUSE NUTRITION BILL

(Mrs. CAROLYN B. MALONEY of New York asked and was given permission to address the House for 1 minute.)

Mrs. CAROLYN B. MALONEY of New York. Mr. Speaker, I rise today in strong opposition to the majority's unconscionable cuts to programs that help feed our Nation's hungry. We are the wealthiest country in the world, yet nearly 15 percent of our population lives in poverty. In my home city of New York, over 50,000 people live in homeless shelters—and the number is growing.

Our economy is making progress but there are still millions of people who are struggling. Yet this proposal would kick off at least 4 million Americans

from the SNAP program and increase poverty in our country. Women and children in particular bear the brunt of these cuts. Forty-seven percent of SNAP recipients are children and nearly two-thirds of the benefits go to women.

Earlier this week, I saw firsthand how many families in our communities struggle to put food on the table when I visited Hour Children Food Pantry in Long Island City, Queens. The staff and volunteers of this private food bank are heroes and heroines. But we cannot rely on these organizations to pick up the slack. They say participation is up 40 percent.

Defeat this major cut to nutrition that Americans need.

#### TIME TO DEFUND OBAMACARE NOW

(Mr. MESSER asked and was given permission to address the House for 1 minute.)

Mr. MESSER. Mr. Speaker, good jobs are hard to find these days. The gap between America's highest- and lowest-income families is wider than ever. American workers are on unemployment longer than any time since World War II. A record 46 million Americans live in poverty.

What's the President's answer to these problems? He proposes driving forward on his prize achievement, ObamaCare, even though it is already erasing jobs and reducing the work hours of taxpaying Americans.

I have cosponsored a resolution to keep the government open and defund ObamaCare. House Republicans support these goals. We're going to defund ObamaCare and we're going to keep the government open at sensible spending levels.

Americans shouldn't have to suffer through this failed experiment any longer or have government operations held hostage by those unwilling to acknowledge that ObamaCare is not working. Let's hope the President and his Senate allies agree.

#### SNAP CUTS

(Mr. GEORGE MILLER of California asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. GEORGE MILLER of California. Mr. Speaker, House Republicans are doubling down on a bad idea. These food stamp cuts will not only increase the incidence of hunger but result in a loss of thousands of jobs throughout the food industry alone. Because when poor families, children, the disabled, and the elderly can't afford food, they simply must go without. That's not economic stimulus—it's a national outrage.

It's outrageous that 26 anonymous individuals received over \$1 million each in farm subsidies, but \$1.40 per meal for a hungry child is considered government waste. It's outrageous that